

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

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Ryan Bruno, 6, shortstop, CPRW-2 Prop Guns, swings at a ball. Third Radio won the game, 10-3.

## 3rd Radio silences Prop Guns, 10-3

Lance Cpl. Brian A. Marion

Combat Correspondent

Third Radio Battalion won another game against Commander, Patrol and Reconnaissance Wing 2 'Prop Guns,' 10-3, during an Intramural Baseball League regular season game at Riseley field here Monday.

These two teams met each other at the beginning of the season, where 3rd Radio came back in the end and won the game.

"This should be a fun game," said Matt Lawyer, Prop Guns coach. "Third Radio is a good team, and I like playing against them. Strong defense and a good offense will be the key to winning today."

Both teams started the first inning in a pitching battle as both Kareem Turnbull, 14, pitcher, Prop Guns, and Dustin Crabtree, 7, pitcher, 3rd Radio, kept the other team scoreless.

During the second inning, 3rd Radio capitalized on a few errors from the Prop Guns and managed to get Michael Johnson, 23, shortstop, and Nate Nins, 16, second baseman, over home plate before getting their third out. The second

See **BASEBALL**, C-2



Nate Nins, 16, second baseman, 3rd Radio Battalion, slides home for his second score of the game in the bottom of the third during an Intramural Baseball League regular season game against Commander, Patrol and Reconnaissance Wing 2 at Riseley Field here Monday.

Photos by Lance Cpl. Brian A. Marion

## CSSG-3 battles MALS-24

Lance Cpl. Alesha R. Guard

Combat Correspondent

Combat Service Support Group 3 broke Marine Aviation Logistics Squadron 24's five-game winning streak, 36-28, during an Intramural Basketball League game at the Semper Fit Center here Monday.

With non-stop energy and continuous drives to the basket, CSSG-3 rocked the court in the first half and never let up.

"We're missing about seven players due to training, so our team's thinner than usual tonight," said Thurmon Durham, MALS-24 assistant coach.

Having fewer players didn't stop MALS-24 from laying on the heat, however. Quick feet and hands helped MALS-24 defend against the towering CSSG-3.

See **BATTLE**, C-6



Willie Watts (red), CSSG-3, leaps for the rebound against Resjard Gilford (white), MALS-24, during an Intramural Basketball League game Monday.

Lance Cpl. Alesha R. Guard

## Low-cost ideas for shaping up

News Brief

Mayo Clinic

If the only thing keeping you from starting a fitness program is the cost of a gym membership, here's good news. You don't need to join a gym to take exercise seriously. Plenty of low-cost alternatives can help you get fit without breaking your budget.

**Take advantage of everyday opportunities**

You don't necessarily need special equipment for a cardiovascular workout. With a little foresight, activities you take for granted can become part of your exercise routine.

♦Step it up. Take a brisk walk every day, whether it's a path through your neigh-



File photo

borhood or laps in a local mall. Take the stairs instead of the elevator — or make a full workout of climbing the stairs. Sneak in extra steps whenever you can by parking farther away from your destination.

See **SHAPE**, C-6





Patrons of the Semper Fit Gym take advantage of the cardio machines to maintain a healthy lifestyle, Monday, at the Semper Fit Center.

Photos by Lance Cpl. Achilles Tsantarliotis

# Working out promotes healthy mindset, physical fitness

**Lance Cpl. Achilles Tsantarliotis**  
*Combat Correspondent*

The base community, especially Marines and Sailors, should stop procrastinating, or claiming their “unit physical fitness is enough” and begin a workout schedule, said Ed Campbell, personal trainer, Semper Fit Gym.

Working out is a lifestyle that promotes a healthy mindset and physical fitness, a priority among service members in maintaining their combat readiness, Campbell said.

“You take care of your teeth, or hair right?” Campbell asked. “Why not take care of your body? People tend to neglect that part of their life because it requires a little extra work or doesn’t show immediate results, but it’s more than important to a healthy lifestyle.”

Many people will often begin working out uninformed and incorrectly, leading to injuries and a lack of results ultimately ending their workout, Campbell said. The best way to start working out is slow and correctly, not following bodybuilder routines off the

bat or continually working out muscles that haven’t recovered yet.

“The best way to start is, if you’re new to gyms altogether, take a orientating class to familiarize yourself with the gym and the equipment, and a workout routine that best suits your personal level,” Campbell explained. “Alternate lower and upper body workouts, and take plenty of rest between sessions.”

Campbell advised beginners to focus on eating healthy, instead of replacing healthy meals with supplements.

“Start off with a healthy diet before going to just supplements,” he said. “Eating healthy should be your priority, not just shakes and pills.”

Once people are familiar with their workouts and using machines, he suggested alternating workouts to maintain the “shocking” of muscles.

“If you’re doing let’s say three chest exercises,” he explained, “then replace one of them with something new to keep your body from becoming immune. Everything works but nothing works forever. A lot of people will

also get into their workout and after three months they might not see as good of results, and they slow down, eventually stopping altogether.”

Campbell said even 30 minutes of circuit training a day will help greatly with physical fitness tests and retaining muscle definition.

A big misconception “muscle seekers” might have is strictly working out with weight and resistance training, when it’s critical to combine good cardio with a weight lifting schedule.

“No one is more important than the other,” Campbell said. “Especially if you’re looking to cut body fat, and maybe running gets boring, you can still swim or hit an elliptical machine.”

Although the hardest part of starting to workout is starting, once a steady schedule is established it’s far easier and actually habit forming, to continue, said Lance Cpl. David Hanes, infantryman, 3rd Battalion, 3rd Marine Regiment.

“I worked out a lot in Iraq,” Hanes said. “Now I’m just keeping it up, it’s become part of my lifestyle.”



David Hanes uses a resistance strength training machine.



Adam Pace, 15, catcher, CPRW-2 Prop Guns, smashes the ball into the outfield during an Intramural Baseball League regular season game against 3rd Radio Battalion at Riseley Field here Monday.

Photos by Lance Cpl. Brian A. Marion



Dustin Crabtree, 7, pitcher, 3rd Radio Battalion, pitches a ball toward a batter.

## BASEBALL, from C-1

inning ended with 3rd Radio leading 2-0.

Crabtree, and the rest of the 3rd Radio defense, continued to keep the Prop Guns from scoring in the third, while Crabtree, Johnson, Joshua Ellis, first baseman, and Nins trampled in four runs, making the score 6-0 in the bottom of the third.

“We are doing a lot better on not

leaving our guys on bases,” said E.J. Veliz, catcher and coach, 3rd Radio. “We need to keep playing like this.”

In the bottom of the fourth, one of the best plays of the game happened. Crabtree demolished the ball deep into centerfield and ran, through the bases, to home plate before the defense knew what hit them, bringing his team to a five-point lead over the Prop Guns.

The Prop Guns’ offense contin-

ued to be shut out, but their defense seemed to regain their composure in the bottom of the fifth and kept 3rd Radio from increasing their lead.

With renewed vitality in the top of the sixth, the Prop Guns offense drove in two runs from Ben Thorny, 16, first baseman, and Cary Buel, left fielder.

Third Radio responded in the bottom of the sixth with Poe Jordan, 15, center fielder, Veliz and

Crabtree pounding in three more runs for their team. The seventh inning began with the score 10-2.

Momentum increased for the Prop Guns when Jeff Daniels, 0, right fielder, brought in their third run.

Luck wasn’t on the Guns’ side though, as their last out came when Crabtree caught a ball at home plate and tagged their runner out.

“We tried to come back in the

end, but we weren’t able to,” said Ryan Bruno, 6, shortstop, Prop Guns. “They had phenomenal pitching from probably the best pitcher in the league. We know we have to work on hitting the cut-offs and making our throws, but other than that, it was a good game.”

Crabtree lead his team in scores, bringing in three runs, followed by Nins and Johnson with two runs each and Jordan, Velize and Ellis with one run.



# SPOTLIGHT ON SPORTS

## —SPORTS BRIEFS—

### Diamond Head Hike

The Single Marine & Sailor Program's Diamond Head Hike is March 22, with transportation leaving Kahuna's at 9 a.m., and Camp Smith at 10 a.m. The event is free, open to all E-5s and below and their sponsored guests. Register by March 20.

For more information, call Marcella T. Cisneros at 254-7593.

### Surf & Turf Race

The Headquarters Battalion Surf & Turf 5k is March 29 at 7 a.m. The scenic course goes through Klipper Golf Course to North Beach. Cost is \$17, but goes up to \$20 after March 21.

For more information or to register, call 254-7590, visit the Semper Fit Center here, or log onto <http://www.mccshawaii.com/cgfit.htm>.

### 9-Ball Tournament

Head to the Camp Smith Recreation Center March 22 to play in the Single Marine & Sailor Program 9-Ball Pool Tournament from 11 a.m. to 1 p.m. The event is open to all E-5s and below and their sponsored guests.

For more information, call Marcella T. Cisneros at 254-7593.

### Urgent: Coaches Needed

Help teach children the fine art of baseball! Practice is set to begin next week, and a coach is still needed for a t-ball team and a machine-pitch team. Many of the players are children of deployed Marines and Sailors.

For more information, call 254-7610 or visit <http://www.mccshawaii.com/child.htm#sports>.

### Goju-Kan Karate

Aspiring martial artists can participate in Goju-kan Karate Monday, Wednesday and Friday at 5:30 p.m. at Building 1090's multi-purpose room (the old Base Chapel).

Sign up at Youth Activities, or call 254-7610 for more information.

### Youth Gymnastics/Dance Class

Youth of all ages can attend gymnastics and a variety of dance classes Monday through Saturday at Building 1090. Classes are at varying times in the morning, afternoon and evening, so interested parents and youth should stop by Youth Activities for more information. Classes include dance, hula, tumbling and more.

For more information, call 254-7610.

### Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, call 664-0184.

### Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

### Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

### Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

### K-Bay Lanes Color Pin Special

Every Thursday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, contact K-Bay Lanes at 254-7693.

## 2008 Intramural Basketball Standings

TEAM	WINS	LOSSES
CPRW-2	10	1
HSL-37	9	2
HQBN "IPAC"	8	2
MALS-24	8	3
VP-4 #1	8	4
MCAF	6	3
CSSG-3	7	4
3RD MARINES	5	5
3RD RADIO BN	5	8
VPU-2	3	7
VP-4 #2	3	8
SNCOA	3	8
HMH-362	2	10
VP-9	0	11

Standings as of March 11



## 2008 Intramural Baseball Standings

TEAM	WINS	LOSSES	TIES
MAG-24	5	1	1
3RD RADIO BN	5	1	
CPRW-2	4	4	
CSSG-3	3	4	
CMO	2	4	
HQBN	2	4	1
1/12	1	4	

Standings as of March 11

## I'd rather be sailing



Christine Cabalo

Pulling a 17-foot mast boat for a spin, Victor Pulsifer, instructor, Base Marina, prepares the vessel to sail. Pulsifer teaches two-week junior sailing classes for children 8 to 17 starting Monday. The Base Marina holds training throughout the summer and during school breaks. Read more about the sailing classes in next week's edition.



# HEALTH AND WELLNESS

## Exercise: Seven benefits of regular physical activity

**News Release**  
*Mayo Clinic*

Want to feel better, have more energy and perhaps even live longer? Look no further than old-fashioned exercise. The merits of exercise — from preventing chronic health conditions to boosting confidence and self-esteem — are hard to ignore. And the benefits are yours for the taking, regardless of age, sex or physical ability. Need more convincing? Check out seven specific ways exercise can improve your life.

**1. Exercise improves your mood.**

Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down. Exercise stimulates various brain chemicals, which may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Exercise even reduces feelings of depression and anxiety.

**2. Exercise combats chronic diseases.**

Worried about heart disease? Hoping to prevent osteoporosis? Regular exercise might be the ticket. Regular exercise can help you prevent — or manage — high blood pressure. Your cholesterol will benefit, too. Regular exercise boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing low-density lipoprotein (LDL), or "bad," cholesterol. This one-two punch keeps your blood flowing smoothly by lowering the buildup of plaques in your arteries. And there's more. Regular exercise can help you prevent type 2 diabetes, osteoporosis and certain types of cancer.

**3. Exercise helps you manage your weight.**

Want to drop those excess pounds? Trade some couch time for walking or other

physical activities. This one's a no-brainer. When you exercise, you burn calories. The more intensely you exercise, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but activity you accumulate throughout the day helps you burn calories, too.

**4. Exercise strengthens your heart and lungs.**

Winded by grocery shopping or household chores? Don't throw in the towel. Regular exercise can leave you breathing easier. Exercise delivers oxygen and nutrients to your tissues. In fact, regular exercise helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. Big deal? You bet! When

your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

**5. Exercise promotes better sleep.**

Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day. A good night's sleep can improve your concentration, productivity and mood. And, you guessed it, exercise is sometimes the key to better sleep. Regular exercise can help you fall asleep faster and deepen your sleep. The timing is up to you — but if you're having trouble sleeping, you might want to try late afternoon workouts. The natural dip in body temperature five to six hours after you exercise might help you fall asleep.

**6. Exercise can put the spark back into your sex life.**

Are you too tired to have sex? Or feeling too out of shape to enjoy physical intimacy? Exercise to the rescue. Regular exercise can leave

you feeling energized and looking better, which may have a positive effect on your sex life. But there's more to it than that. Exercise improves your circulation, which can lead to more satisfying sex. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise, especially as they get older.

**7. Exercise can be fun.**

Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical. Exercise doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail. Push your kids on the swings or climb with them on the jungle gym. Plan a neighborhood kickball or touch football game. Find an activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts. Are you convinced? Good. Start reaping the benefits of physical activity today.



File photo

American Heart Association

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# HEALTH AND WELLNESS

## How to get your golf swing in gear

Fine-tuning your golf swing before you hit the links will help you prevent injuries later on

**News Brief**  
*Mayo Clinic*

It's been a few months since your last golf outing. You're at the first tee, working out the kinks of your rusty golf swing. What better training, you think, than getting out there and playing?

Think about it some more. Golf isn't a contact sport — but it puts significant demands on your body. Fine-tune your golf swing to prevent injuries later on.

**Think through your swing**

Understanding the mechanics behind your golf swing can help you prevent injuries.

- ♦Use proper posture. Think about your posture as you address the ball. Avoid hunching over the ball, which may contribute to neck and back strain.
- ♦Stay smooth. The power of a golf swing comes from force transferred smoothly through all the muscle groups, from your ankles to your wrists. If you depend on one part of your body for your hitting power, you may be more prone to injury. For example, overemphasizing your wrists during your swing can lead to golfer's elbow — a strain of the muscles on the inside of the forearm.
- ♦Stabilize your lower back. Keep your pelvis as level as possible throughout your swing.
- ♦Don't overswing. If you swing the club too hard or too fast, you may lose control of the club and hurt yourself. Relax and take a nice, easy swing at the ball.

Sometimes lessons can help. "The more you learn about correct mechanics early in your golf career, the less prone to injury you'll be," says Edward Laskowski, M.D., a physical medicine and rehabilitation specialist and co-director of the Sports Medicine Center at Mayo Clinic, Rochester, Minn. "It's harder to break bad habits later."

**Tips to keep you on the course**

There's more to golf than your golf swing. Consider other ways to lower your risk of injury:

- ♦Warm up. Before you practice your golf swing or play a round of golf, walk or jog for a few minutes to warm up. Then try a few gentle stretches.
- ♦Start slowly. You might practice your swing for hours, believing it's helping your game. But if your musculoskeletal system isn't conditioned for the extra strain, practicing your golf swing may do more harm than good. Work up to your desired level of activity instead.
- ♦Strengthen your muscles. You don't need bulging muscles to hit a long drive — but the stronger your muscles, the greater your club speed. Better yet, stronger muscles are less prone to injury.
- ♦Focus on flexibility. Regular stretching can improve your range of motion and lead to a more fluid golf swing.
- ♦Lift your clubs carefully. If you jerk heavy clubs out of the trunk, you may injure yourself before you reach the first tee. Keep your back straight and use the strength of your legs to lift heavy objects.
- ♦Choose proper footwear. If you've had a leg or foot injury — such as ligament or cartilage damage — wear tennis shoes or golf shoes with short cleats. Long cleats dig into the sod and hold your feet planted as you swing, which may strain your knees or ankles.

While golfing, watch for symptoms of dehydration, heat exhaustion and heatstroke. Red flags might include a headache, dizziness, nausea, rapid heartbeat, irritability or confusion. Drink plenty of water, and cut your game short if necessary. Call it quits at the first sign of threatening skies or lightning.



File photo

**Play smart**

Whether golf is a new interest or a lifelong passion, make the most of your time on the course. Take a few lessons to work on your golf swing. Shape up with a fitness program that includes aerobic activities, strength training and stretching.

"Get in shape to play your sport," Dr. Laskowski says. "Don't play your sport to get in shape."



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BATTLE, from C-1

While CSSG-3 began racking up points, MALS-24 dove for loose balls and refused to let the scoreboard stifle their intensity.

“Look inside and keep moving the ball,” said Jerry Robertson, CSSG-3 head coach, cheering on his team.

With help from Willy Watts, sinking two 3-pointers, CSSG-3 ran up a 15 point lead over MALS-24, leaving the score 17-2 at halftime.

“We’ll see if we can get a comeback,” Durham said. “We have a fairly new team this season so we’re working towards getting chemistry on the court.”

Robertson got his team together for a huddle, pumping them up before the second half.

“Don’t be scared; play some defense!” Durham rooted after CSSG-3 subbed in their two females.

After a few brutal steals and rebounds, it didn’t take long for the players to forget the gender difference.

“Gender doesn’t play into it,” said Stephanie Newkirk, former assistant coach. “I just come out here, have fun and show the other players I can compete with them.”

With a tough press and continuous drives to the hoop, MALS-24 slowly closed the gap, refusing to let CSSG-3 rest.

“We have a pretty good inside game, which is where most of our points come from,” Durham said.

Eight minutes into the second half, MALS-24 outscored their opponent, trailing CSSG-3 by only four points, 18-22.

After seeing the quick



Lance Cpl. Alesha R. Guard  
Robert Green, MALS-24, goes for a lay-up on a fast break against CSSG-3 Monday night.

banking of shots, CSSG-3 brought back the press, determined not to lose the lead.

“We can make things happen when we need to,” Newkirk said. “We’re good on both ends of the court.”

Quick steals and sharp passes led to fast breaks down the court for CSSG-3. They regained their 10-point lead with seven minutes left on the clock, leading 31-21.

By using their fouls to try and stop the clock, MALS-24 stayed on their man until the end.

Both teams battled it out to the end, neither giving

the other team a moment to rest.

Despite MALS-24 outscoring their opponent in the second half, CSSG-3 came out on top, 36-28.

“I like playing units around base,” Newkirk said. “I think it brings camaraderie amongst all of us.”

Newkirk said it’s been interesting transitioning from coach to player this season.

“Our players work a lot harder than I gave them credit for,” Newkirk said. “As their teammate, I now realize just how hard they work.”

SHAPE, from C-1

- ♦Make a workout of household chores. Mow the lawn, weed the garden, rake the leaves or shovel the snow. Even indoor activities such as vacuuming and scrubbing count as a workout if you increase your heart rate.
  - ♦Join in the fun. If you have children, don't just watch them play. Join them for a game of tag or kick-ball. Walk them to the park. Dance. Take a family bike ride.
- Consider modest investments**
- If you're looking for fitness bargains, these inexpensive exercise products may be a good bet:
- ♦Dumbbells. Dumbbells are small, hand-held weights that you can use to strengthen your upper body. They're available in many sizes.
  - ♦Resistance bands. These stretchy cords or tubes offer weight-like resistance when you pull on them. Use the bands to build strength in your arms and other muscles. Choose from varying degrees of resistance, depending on your fitness level.
  - ♦Jump-ropes. Skipping rope can be a great cardiovascular workout.
  - ♦Exercise videos. Create the feel of a health club aerobics class in your own living room. Many videos are good for improving strength and flexibility, too. Pick a video that matches your current fitness level so that you don't get discouraged by exercises that are too hard or too easy. If you can, borrow the video from your library first or rent a copy to see if you

like it. Make sure the video is endorsed by a certified fitness instructor.

**Improvise**

If you'd rather not spend a penny on exercise equipment, use ordinary household items for various upper and lower body exercises.

- ♦Canned goods. Many canned goods can serve double duty as hand weights.
- ♦Milk or water jugs. Fill empty milk or water jugs with water or sand and secure the tops with duct tape. To adjust the weights as your fitness level changes, simply add more water or sand. If you wonder how much weight you're lifting, simply weigh the jug on your household scale.
- ♦Potatoes. A 5- or 10-pound bag of potatoes can provide added resistance for various exercises.

Even a low, sturdy step stool can become exercise equipment if you use it for step training — an aerobic exercise resembling stair climbing.

**Be a savvy shopper**

If you're interested in a specific exercise class or piece of equipment, shop around.

- ♦Check out your local recreation department. Many recreation departments offer discounted fitness classes to local residents. If you live near a college with a fitness center, ask if the facility is available to community members. If you're a gradu-

ate of the school, you may qualify for an even better rate.

- ♦Buy used equipment. Some sporting goods stores specialize in used equipment. Or check out listings for exercise equipment in the local newspaper or on office, store or college-campus bulletin boards. The same goes for online auctions. A word of caution about buying online, though — make sure the cost of shipping won't put the item out of your budget.
- ♦Share costs with a friend. Trade exercise videos with a friend so that neither of you gets bored doing the same workout over and over again. Another option: Some personal trainers let you split the cost of a session with a friend or two.
- ♦Know what to avoid. Some fitness products aren't worth buying, no matter how low the price. Don't buy herbal supplements or other products that claim fitness benefits overnight or promise to take inches off without diet and exercise. Also avoid exercise products that focus on one body part, such as abs or thighs. There's no such thing as spot reducing.

Exercise can do you a world of good. But it won't if you focus more on the trappings than on the actual physical activity. Don't get caught up in memberships or purchases you can't afford. Concentrate on your fitness goals — and how to achieve them without breaking your budget.



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# AROUND THE CORPS

# Marine deploys to Iraq, puts Ultimate Fighter dream on hold

1st Marine Division

Varriale volunteered to deploy to Iraq and was individually selected to augment to 2/24, putting his chance to make it on the show and turn

Throughout the years, he continued to train in MMA and eventually joined the New Jersey International Martial Arts and Boxing Team, where he sharpened his skills in several different styles of martial arts, including; muay tai, Brazilian jui jitsu, boxing, submission grappling, eskrima

Varriale would like to recognize his coaches, Jerry Fatjo, Eric Colon, Chris "Oldness" and Fernando Sarmento Jr. "Cabeza," and his teammates saying, "I would like to wish all my teammates good luck in their upcoming fights and I will be home soon to train with them."




**Pfc. Jerry Murphy**

Lance Cpl. Sean E. Varriale, a radio operator with 2nd Battalion, 24th Marine Regiment, watches over and corrects mistakes two Marines make during a training session Mar. 6. Varriale is training with hopes to someday become a professional mixed martial arts fighter and possibly earn a spot on the popular television show the Ultimate Fighter.

*A*

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